

the perfect cover-up

STAY WARM, SAFE (AND EVEN STYLISH) DURING A COLD-WEATHER WORKOUT

[BY MYATT MURPHY]

exercising in cold weather—anything in the 40s or lower—can be hard on you. Numb extremities and a sweat-chilled body can turn to frostbite or hypothermia if you're not careful. To stay warm and dry, it's important to dress in layers for your workout, which creates barriers of warm air between yourself and the cold. Exercise experts recommend at least three:



• **The base layer** is the one next to your skin. Ideally, that should be a top and bottom made from a synthetic material or good microfiber fabric, not cotton long Johns. Cotton absorbs moisture, leaving you cold and soggy. Synthetics wick sweat away, keeping you warmer.

• **The insulating or mid layer** is next. This layer helps trap body heat. A good long-sleeve layer with synthetic insulation is nice, retaining warmth without being too bulky to move in.

• **For the outer layer**, the one in closest contact with the elements, insulation isn't as important as water resistance and breathability to move moisture out, but also keep it from seeping in.

The clothes featured here—listed from the inner layer out—are designed for exercise, yet stylish enough to go from a run to hopping in the car to pick up the kids. They fit the bill for any cold-weather workout. Yes, some are pricey, but there's long-lasting, technical know-how in this gear, and they'll serve you well for years.

[READY FOR THE COLD!]

Slaata Hat, Dale of Norway: Knit with Merino yarn, this hat's insulating fiber breathes naturally, keeping your head (where you lose the most heat) warm and dry. \$45, dale.no • **Minnesota Long Sleeve Sport Shirt, Fila Golf:** This long-sleeved, crew-neck shirt has a soft, organic feel, yet offers super-techy features including moisture wicking and antimicrobial benefits. \$50, filagolf.com • **Jo-Wind Shirt, 4all:** Designed to block the wind, the Jo-Wind features a center zipper for easy adjustment. \$68, 4allbyjofit.com • **Work It Pant, Oakley:** Nylon spandex and Lycra, ultra comfortable and antimicrobial. \$70, oakley.com • **Coco Jacket, Obermeyer:** This waterproof parka keeps the elements out while providing maximum breathability—we love the fleece-lined cuffs! \$399.50, obermeyer.com • **Double-Track Shoe, The North Face:** Tailored to prevent overpronation (when the foot rolls excessively inward), this trail running shoe supports, cushions and stabilizes your heels with every step—on or off-road. \$110, thenorthface.com.



GET
moving

[GETTING WARMER...]

[READY FOR THE COLD]

Roadmap Top, Oakley: Breathable mesh panels wick away perspiration as you work out. **\$48**, oakley.com •

PDQ hoodie, Isis: Soft yet stretchy, features a full zip to make peeling it off effortless when you're on the go. **\$115**, isisforwomen.com • **Misty Print Jacket, Oakley:** With its princess seams and water-repellent coating, this garment is the ideal mix of function and fashion. **\$70**, oakley.com • **Sariska Pant, REI:** Tailored for active wear and tear, this pant lets you move effortlessly. **\$49.50**, rei.com •

GEL-Kinetic 4, Asics: This shoe has superior heel support and all-around comfort back to front. **\$160**, asics.com.



Toasty Gloves: The BC Hiker gloves by Kombi are windproof, water resistant, and breathable, with a tacky palm for a sure grip and a stretch cuff. **\$20**, kombisports.com.



Super Socks: Kentwool (kentwoolsocks.com) and Dahlgren (dahlgrenfootwear.com) both make socks from wool and synthetics for warmth and moisture absorption. **\$15-20**.



[NO-SWEAT STYLE]

Thermo Headband, Mizuno: Turns moisture into heat, keeping you warm and dry. **\$19.99**, mizunorunning.com. • **Angular Tank, Oakley:** Built for any activity, features a comfy inner shelf bra. **\$45**, oakley.com. • **Nomad Jacket, Saucony:** A windproof front makes it perfect for brisk days. **\$100**, saucony.com. • **PDQ vest, Isis:** Easy layering piece, warm and fuzzy for cooler temps. **\$79**, isisforwomen.com. • **Reversible Pant, Jockey P2P:** Solid on one side, color-blocked on the other, these pants offer two stylish looks. **\$79**, jockeyp2p.com • **Mindbender Shoe, Vasque:** Made for tough terrain, but easy on your feet. **\$110**, vasque.com.



More Than Time: The Health Tracker by Timex automatically records steps, distance, calories burned and more. **\$64.95**, timex.com.



Eyes Only: Even in winter, your eyes need UV protection from the sun. The Drizzle glasses are a bit of a splurge, but offer unbeatable style and protection. **\$130**, oakley.com.

